



Regence

10 reasons to enroll in Regence BlueShield today and get SilverSneakers



1 Use 13,000+ fitness locations nationwide at no extra cost.



2 Enroll at multiple locations at any time.



3 Reach and maintain a healthy body weight.



4 Expand your circle of friends and enjoy social activities.



5 Increase muscle strength and bone density.



6 Prevent, delay or treat certain medical conditions.¹



7 Take fitness classes at convenient community venues.



8 Be more flexible and have better balance.



9 Improve your memory and think more clearly.



10 Enjoy access to classes, pools, free weights, treadmills and more.

Need more reasons?

Go to go.silversneakers.com/ChangeToday to find out how others have changed their lives with SilverSneakers.



Enroll in **Regence BlueShield** now and get
SilverSneakers® Fitness at no extra cost.

1-844-REGENCE (1-844-734-3623) (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET

facebook.com/silversneakers



Experience better health

in mind, body and spirit through regular participation in SilverSneakers. Millions of people like you already do.



Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

Regence BlueShield is a Medicare Advantage plan with a Medicare contract. Enrollment in Regence BlueShield depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year.

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